

Bell County Homemaker Newsletter

May/June 2025

Quote of the Month



**"May is the month of promise and
the sweet beginnings of summer."**

-Unknown

Office Closures

Memorial Day: May 26th

Juneteenth: June 19th



***Thank you to everyone who came out to the
Open House and Ribbon Cutting Ceremony!
The Bell County Extension Staff is excited to
continue making community connections and
providing educational programming to the
Bell County area with our new office space.***

Garden Your Way to Better Health

Gardening is fun and healthy. It makes your space look nice, gives you fresh food, and helps your body. Digging, planting, pulling weeds, and watering plants are all great ways to work out and stay healthy.

Gardening is something anyone can do. It doesn't matter how old you are. It's a simple way to move your body while using a lot of muscles. Michigan State University says gardening can help adults reach the Centers for Disease Control and Prevention's goal of 150 minutes of moderate exercise each week. Moderate exercise gets your heart rate up and makes you breathe a little faster. When you garden, it gives your whole body a workout. It offers many benefits, such as

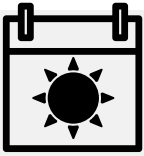
- **Burning Calories:** Gardening can burn 200 to 400 calories an hour, based on how hard you work.
- **Heart Health:** It helps your heart stay healthy by raising your heart rate and getting better blood flow.
- **Stress Relief:** Spending time in nature helps you feel calm, lowers stress, and lifts your mood.
- **Stretching and Balance:** Bending, stretching, and reaching help you stay flexible and balanced.
- **Building Strength:** Tasks like lifting tools and digging make your muscles stronger.

**By gardening regularly, you can stay active,
feel happier, and enjoy the reward of growing
your own plants while spending time in
nature.**

References : Gardening for Health: A Regular Dose of Gardening by Richard Thompson

Needlepoint Seminar

Needlepoint seminar is on May 15th from 10:00 am to 3:00 pm in the Clay County Extension Excel Building. See attached registration form for class details and more.



Upcoming Programs & Announcements

PLEASE CALL TO REGISTER FOR EVENTS (606-337-2376)

MAY.9 **PAMPER YOURSELF-** MEETING ROOM
STRETCHING, MAKING SCRUBS, AND ICE CREAM SOCIAL - 10:00AM

MAY 29 **LEARN, LAUGH, AND CRAFT** - MEETING ROOM - 1:00PM

JUN. 3 **HEALTH FAIR** - MEETING ROOM- 10:00AM-2:00PM

JUN. 4 **HOMEMAKER COUNCIL MEETING** - 10:00AM - MEETING ROOM

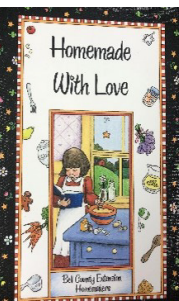
Save the Dates!

JULY 11- CLOVERBUDS DAY CAMP - 10:00AM

JULY 18- FOOD PRESERVATION 101 - 10:00AM

JULY 21- LAUGH AND LEARN PLAY DATE - 5:00PM

JULY 29- ADDICTION 101 WITH UK SPECIALIST ALEX ELSWICK 12:00PM



Bell County Homemakers
"Homemade with Love" Cookbooks \$15

Recipe of the Month

Nutrition facts per serving: 180 calories; 11g total fat; 2g saturated fat; 0g trans fat; 30mg cholesterol; 140mg sodium; 1g total carbohydrate; 0g dietary fiber; 0g total sugars; 0g added sugars; 19g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 4% Daily Value of potassium

INGREDIENTS:

- 1 POUCH (2.6 OUNCES) TUNA, DRAINED.
- 1 TABLESPOON MAYONNAISE OR SALAD DRESSING
- 1 TEASPOON PICKLE RELISH
- 1/8 TEASPOON ONION POWDER

DIRECTIONS:

1. MIX TOGETHER LISTED INGREDIENTS.
2. COVER AND REFRIGERATE.
3. SERVE AS SANDWICH FILLING OR ON CRACKERS.



EASY TUNA SALAD

SERVINGS: 1 SERVING SIZE: 1 PORTION

WTA-NEEDLEWORK SEMINAR

MAY 15, 2025 10 AM - 3 PM

CLASS DESCRIPTIONS

(see other side for additional classes)



- **HAND EMBROIDERY BASICS** FEE: **\$3.00** Hazel Jackson
- Participants will learn basic embroidery stitches using a self sticking flower motif. Design will be in a 4" hoop.
- Kit included in class fee.



- **ENGLISH PAPER PIECING** FEE: **\$7.00** Sheryl Bowling
- Students will get hints (and maybe shortcuts) to accurately piece a simple hexagon flower. Teacher will provide materials and tools to complete one 6" block and a handout explaining the method with ideas of where to go from here. The block can be turned into a finished mug rug/coaster or you can continue to add blocks from scraps at home to complete a larger project. Student only need to bring enthusiasm and willingness to learn!



- **JELLY ROLL RACE QUILT** FEE: **FREE** Devonna Hisel
- This is a fun and easy class - at the end of class you will have a 50" x 64" quilt top! You must know how to sew a straight seam to take this class. You will need to bring a working sewing machine* with foot pedal, power cord, and manual; extra bobbins; needles; and white thread or color of your choice, . *If you don't have a machine, contact us. There are a limited number available for use and these will be reserved on a "first come, first served" basis. Jelly rolls will be provided for this class! If you have fabric scissors, quilting ruler, rotary cutter, and cutting mat, please bring. Be sure to put your name on your items. This class will take BOTH sessions.



Questions may be directed to your County FCS Extension Agent at the following numbers

Bell County Extension Office: 606-337-2376	Jackson County Extension Office: 606-287-7693	Rockcastle County Extension Office: 606-256-2403
Clay County Extension Office: 606-598-2789	Knox County Extension Office: 606-546-3447	Whitley County Extension Office: 606-549-1430
Harlan County Extension Office: 606-573-4464	Laurel County Extension Office: 606-864-4167	

WILDERNESS TRAIL AREA - NEEDLEWORK SEMINAR REGISTRATION FORM

Attendee Information (class selection on other side of form)

Name _____

Address _____

Phone _____

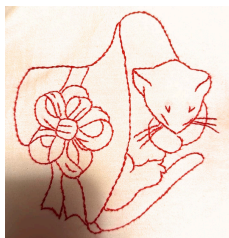
E-Mail _____

Make checks payable to: Rockcastle County Food and Nutrition Fund
Mail Registration Form and Payment to: Rockcastle County Extension Office,
1050 West Main St., Mt. Vernon, KY 40456

Needlework Seminar will be held at the Clay County Cooperative Extension Service EXCEL Building 86 Muddy Gap Rd, Manchester, KY 40962

CLASS DESCRIPTIONS

(see other side for additional classes)



REDWORK

FEE: \$5.00

Lora Howard

Redwork is a method of embroidery using one color and one stitch to make many interesting and beautiful designs. Redwork example shown is for inspiration. Students will be working on a dragon fly or flower.



CROCHET

FEE: FREE

Delaney Eubanks

Learn the fundamentals of crochet while creating a practical and useful dishcloth. You'll learn basic stitches like chaining, single crocheting, and pattern reading. All materials provided.



CROSS STITCH

FEE: \$8.00

DeRhonda Hubbs

Enjoy a brief history of counted cross stitch and learn some of the pros and cons of this relaxing past time. The class will include of the items needed to make a simple design,(cloth, thread, needle, hoop and pattern). A variety of completed patterns will also be displayed to tempt you to become a stitcher.



DIAMOND ART COASTERS

FEE: \$8.00

Lora Davidson

Join us for a fun and creative class where you'll learn how to make beautiful diamond art coasters! Perfect for beginners and craft lovers alike, this hands-on workshop will guide you through the process of applying sparkling resin drills to create stunning, functional coasters. All materials are provided just bring your creativity!

Please note that not all designs will be the same as pictured

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Please choose the classes you would like to attend. While every effort will be made to place you in your first choice, please also mark your 2nd, 3rd, and 4th choices. Payment will be for your first choice and registration fees. Refunds will be made if needed.

Morning Session (10 AM - 12 PM)

- ☐ Hand Embroidery Basics (\$3.00)
- ☐ Crochet (Free)
- ☐ English Paper Piecing (\$7.00)
- ☐ Cross Stitch (\$8.00)
- ☐ Diamond Art Coasters (\$8.00)
- ☐ Jelly Roll Race Quilt (Free) this is an all day class, lasting through both AM and PM sessions

Afternoon Session (1 PM - 3 PM)

- ☐ Hand Embroidery Basics (\$3.00)
- ☐ Crochet (Free)
- ☐ English Paper Piecing (\$7.00)
- ☐ Redwork (\$5.00)

Registration fee of \$10 includes lunch - Your choice of Grilled Chicken or Philly Cheesesteak.

Please write checks for registration fee amount plus amount for **first choice class**.

Registration Total

Registration Fee: \$ 10.00

Morning Session: _____

Afternoon Session: _____

TOTAL REGISTRATION: _____

Improving Kentucky Horse Pastures

For many horses, quality pasture can provide almost all nutrients needed for maintenance or light work for much of the year.



Below are some guidelines for improving pastures:

- ✓ **Plan to utilize spring and fall pasture growth**
Kentucky pastures are dominated by cool-season species which grow rapidly in the spring and fall.
- ✓ **Take a soil sample every 2 to 3 years**
Many county extension offices offer soil samples, contact your local one to learn more.
- ✓ **Control weeds that limit pasture productivity**
Identify the major weeds, select herbicides that control them, and apply them at the correct time of year.
- ✓ **Re-establish poor pastures**
Pastures can be grazed late the following spring once grasses are well established. Well-managed pastures can provide a nutritious and inexpensive feed source.

*Source: Chris D. Teutsch, Krista L. Lea, R.J. (Bob) Coleman, and S. Ray Smith, University of Kentucky
An Equal Opportunity Organization.*



Water is one of the seven key nutrients required by horses. Horses should always have access to good quality water. Frequent water tank cleaning is important, especially in warm months and with plastic tanks.

Transplanting

To have a productive garden, transplants are used for many common vegetables, such as tomatoes, peppers, broccoli, Brussels sprouts, cabbage, cauliflower, cantaloupe, cucumbers, lettuce, squash and watermelons. While some of these crops might also grow from direct seeding, there are several advantages to using transplants. Transplants will accelerate early harvest and result in a uniform yield. Using transplants reduces labor for thinning and ultimately saves seed costs. Losses from poor seed germination can be eliminated. Transplants also can replace harvested crops quickly when doing succession planting.

extension.wvu.edu

Moving Transplants to the Garden

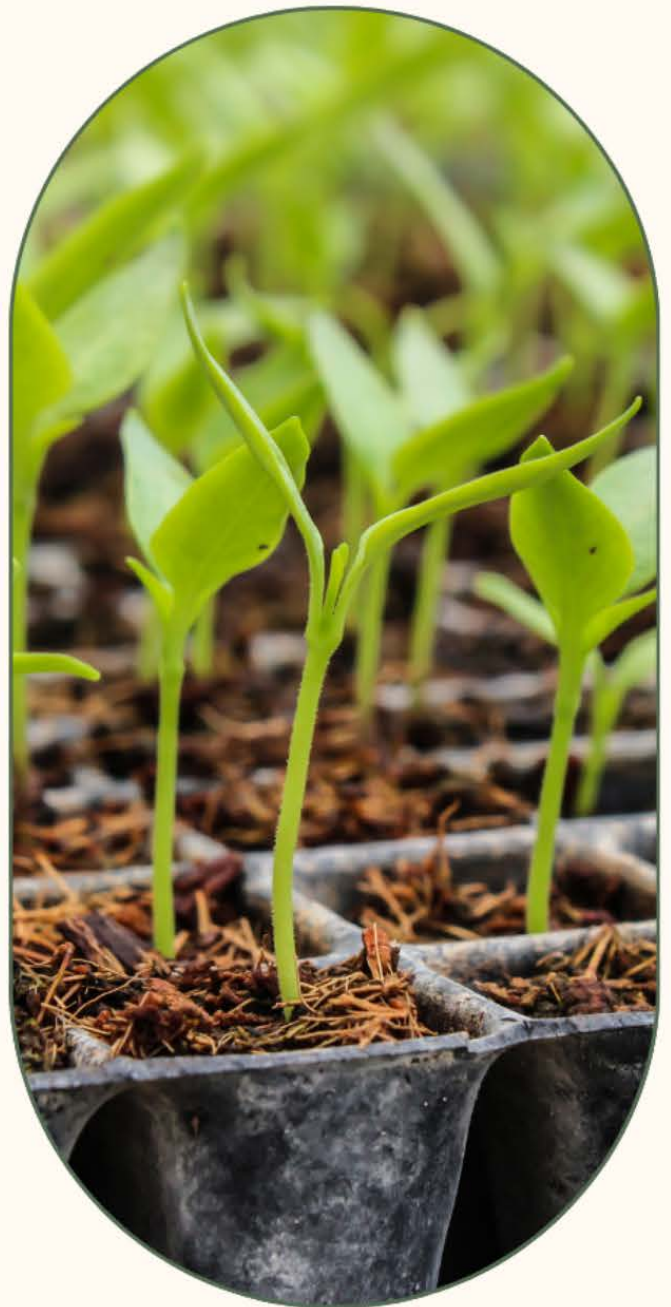
Whether you buy plants or grow your own, the time comes to plant them outside.

Follow these eight steps:

1. Transplant on a shady day to prevent wilting
2. Soak transplants' roots thoroughly before transplanting.
3. Handle the plants carefully.
4. Dig a hole large enough to hold the roots.
5. Pour 1 cup of starter solution around the plant.
6. Leave a slight depression for water to collect.
7. Shade the plants for a few days after transplanting by putting newspapers or cardboard on their south sides.
8. Water the plants once or twice during the next week.

Learn more by checking out Home Vegetable Gardening in Kentucky (ID-128).

An Equal Opportunity Organization.



BELL COUNTY 4-H NEWSLETTER



4-H FAIR PROJECTS

We will be hosting a Fair Project Workshop on June 18th from 10:00am-3:00pm for youth ages 9-18. Participants will choose from a variety of projects to make to enter into judging for the county fair. Please call to register.

This year's Bell County Fair is set to take place after the Kentucky State Fair. Due to the timing, we will be having a separate date to accept and judge 4-H entries to be able to send them to Louisville! This date is TBD...

4-H CAMP SPONSORSHIPS

Along with most things, the price of sending campers to JM Feltner is continuing to rise. If you would like to sponsor a youth for 4-H Camp 2025 or make a donation to our 4-H Council to keep the cost of camp down for local families, please contact our office for more details to do so!

SERVICE ABOVE SELF



On April 19th, Bell County 4-H Volunteers assisted in the Community Cleanup in Middlesboro. This opportunity provided an amazing lesson in volunteering, community pride and cooperation, and the effects of litter in our beautiful area. Thank you to our council member, Middlesboro 4-H Club leader and members, and adult volunteers for participating!

UPCOMING EVENTS

Bell Co. Cloverbuds
@ Extension Office
5:30-6:30pm
05/05/2025
06/02/2025

Grab N Go Bags

05/14
05/28
06/25

**Middlesboro
4-H Club**
@KCTCS
3:30-4:30pm
05/21/2025

Bell County
10524 US Highway 25E
Pineville, KY 40977-1635

RETURN SERVICE REQUESTED

Bell County Cooperative Extension Newsletter

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<http://bell.ca.uky.edu>



Bell County Cooperative Extension Service

***Are you interested in going
paperless? We are now offering our
Bi-Monthly Joint Newsletter via
email! If you're interested in making
the switch, call our office.***

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

**FCS, 4-H, ANR, AND NEP
PROGRAMS AND EVENTS**

May 2025

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5 Bell County Cloverbuds 5:30-6:30pm	6 Bell Co. Rocks 5:00pm	7	8	9 Pamper Yourself 10:00am	10
11	12	13 Container Gardening 11:00am-12:00pm	14	15 Needlepoint Seminar 10:00am-3:00pm	16	17
18	19 Eating for the Health of it 2:00pm	20	21 Middlesboro 4-H Club 3:30-4:30 pm	22 Cooking Through the Calendar 5:30pm	23	24
25	26 Memorial Day: CLOSED	27	28	29 Learn, Laugh, & Craft 1:00pm	30	31

FCS, 4-H, ANR, AND NEP
PROGRAMS AND EVENTS

June 2025

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Bell Co Cloverbuds 5:30-6:30pm	3 Health Fair 10:00am-2:00pm	4 Homemaker Council Meeting 10:00AM	5	6	7
8	9 Eating for the Health of it 2:00pm	10 4-H Camp Bell Co. Rocks 5:00pm	11 4-H Camp	12 4-H Camp Cooking Through the Calendar 5:30pm	13 4-H Camp	14
15	16	17	18 4-H Fair Project Workshop 10:00am-3:00pm	19 Juneteenth: Closed	20	21
22	23	24	25	26	27	28
29	30					